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HOW MONROE MEDITATION HAS HELPED ME CONTROL MY ANXIETY

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

In a stress-inducing, ever-connected world, anxiety has been on the rise. The Mental Health Foundation reports that from 2018-2019 anxiety was at an all-time high of 19.8%. This rose to 24.2% in 2020-2021. Anxiety's increase is due to factors such as constant connectivity via social media, constantly changing global dynamics, economic uncertainties, and other social pressures. Most people in my immediate sphere have suffered from anxiety or anxiety disorders over the last couple of years. Despite the increase in anxiety as well as tactics to cope with it, I've found that one technique that has always helped me control my anxiety remains constant and true: meditation. Specifically, Monroe meditation! Today, I'd like to talk more about how meditation has helped me control my anxiety.

Meditation helps provide better sleep

According to studies conducted by *Medical News Today*, subjects reported their anxiety levels plummeting after a full night of rest. The more sleep you have, the more likely you are to have a calmer mindset. This is even more true regarding restful sleep. Restful sleep can profoundly soothe an agitated mind. Additional studies have found that meditation can help calm your mind so that you fall asleep faster and also achieve more restful sleep. When I'm feeling extra stressed and having trouble calming down, I conduct a quick calming meditation before bedtime, which helps me fall into a deep state of sleep. Then, I wake up feeling refreshed and much less anxious. Several sleep-inducing meditations can be found in Monroe's Expand app. If you haven't tried any of these great sleep meditations, I strongly encourage you to do so. They've become a necessary tool to help me calm down, sleep better, and in turn, control my anxiety.

Breath control can help you calm down

Whenever I find myself in exceptionally stressful situations, I remember to step back and breathe. Not paying attention to our breath control can make anxiety worse, as we can forget to breathe, or our breath can become labored and quick. When this happens, our body's instinct can be to panic, allowing anxiety to skyrocket. So, when I find myself in situations where I need to calm down, I pause and take a quick one or two-minute

meditation to control my breath. I'll feel my inhale as I breathe in for three seconds, hold it for three seconds, and exhale for three seconds. This quick focused meditation can help to lower stress levels instantly, and it always leaves me feeling much more relaxed and in a better headspace. When I can take 10 or 15 minutes to myself, I'll utilize one of my Monroe meditations in the Expand app to immediately shift my mindset and get my anxiety under control.

Focusing your mind

It's a known fact that one of the many reasons people experience anxiety is they can't quiet their minds from the stressors of the world. Meditation is a clear and effective way to focus your mind elsewhere and induce a state of calmness. Monroe Sound Science uses binaural beats, frequency, amplitude, phase modulation, and other sound techniques to help amplify your intentions. When these are aimed at calmness, anxiety is soothed. Throughout my personal experiences, whenever I'm looking to quiet my mind, I conduct a gratitude-based meditation to help shift my perspective into a more positive space. From there, I practice one of the calming meditations in the **Expand app** such as "Peace and Healing" or "Relax and Expand."

As someone who has suffered from anxiety for many years, my Monroe meditation journey has provided remarkable benefits in gaining control over my anxiety and allowing me a more peaceful and happy mindset in life.